

**Montefiore**  
**To Your HEALTH!**  
Montefiore for a Healthy You



## JULY – AUGUST 2022 NEWSLETTER

It's summer once again in New York! Not only may that mean more trips to the beach and BBQs, but also that Montefiore To Your Health! has information on how to stay healthy in the summer. To Your Health! is hosting a variety of workshops during July and August, including several that can help you create a dynamic workstation and improve financial wellness.

Also, if you haven't yet visited the new Montefiore Wellness Portal, visit [toyourhealth.montefiore.org](https://toyourhealth.montefiore.org), and [see below](#) for information on all the new features, including how to earn \$30 in your paycheck for completing the health questionnaire.

See the events below and the full [calendar](#) for all of our activities. We hope you'll join us and take advantage of any or all of our programs and services!

### TO YOUR HEALTH! EVENTS JULY:

To Your Health! Mindfulness Meditation with Dr. Camacho

July 15, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

Carebridge EAP Program: Organizing Your Workspace and Yourself

July 19, 2022

12:00pm – 12:30pm

Flyer: [Click here](#)

Registration: [Click here](#)

Montefiore WW Program: Guide to Tackling Emotional Eating

July 20, 2022

12:30pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

To Your Health! Program: Covid and Long Covid: Know & Share the Facts

July 21, 2022

12:30pm – 1:30pm

Flyer: [Click here](#)

Registration: [Click here](#)

Fidelity Program: Setting Goals and Habits that Stick

July 27, 2022

12:00pm – 12:30pm

Registration: [Click here and choose 'Attend a Learning Event'](#)

### TO YOUR HEALTH! EVENTS AUGUST:

Fidelity Program: Creating a Budget You'll Actually Use

August 4, 2022

12:00pm – 12:30pm

Registration: [Click here and choose 'Attend a Learning Event'](#)

To Your Health! Fitness Program: How to Set Up a Dynamic Workstation

August 11, 2022

1:00pm – 2:00pm

Flyer: [Click here](#)

To Join: [Click here](#)

Carebridge EAP Program: Creating Healthy Financial Boundaries

August 18, 2022

12:00pm – 12:30pm

Flyer: [Click here](#)

Registration: [Click here](#)

To Your Health! Program: Maintain Your Vacation Bliss

August 24, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

To Your Health! Mindfulness Meditation with Dr. Camacho

August 25, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

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## WELLNESS SPOTLIGHT – Covid and Long Covid: Know & Share the Facts, July 21 at

12:30pm



Covid has become a part of everyone's life, but understanding the current landscape of treatments and potential long-term side effects, commonly referred to as "long covid," is ever changing and can be confusing.

To help answer key questions and developments surrounding Covid-19, long covid, and the various treatments, **To Your Health!** is hosting '[Covid and Long Covid: Know & Share the Facts](#),' in partnership with the Medical Directors of the Covid-19 Recovery Clinic (CORE), Drs. Marjan Islam and Seth Congdon, Internal Medicine, and Dr. Priya Nori, Medical Director of the Covid Outpatient Therapeutics Program.

Through this workshop with Montefiore specialists, all Montefiore-Einstein staff will be equipped with up-to-date Covid information and Montefiore resources. Whether for yourself, a loved one, or a patient – this program will provide valuable information. We hope you'll join us. To register, [click here](#).

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## HEALTH TIPS & PROGRAM NEWS

Montefiore's New Wellness Portal is Now Available!

- Interested in earning \$30 for completing a health questionnaire?
- Interested in receiving personal recommendations and resources based on your results?
- Interested in video personal training or health coaching?



If so, log into the *NEW* Montefiore-Einstein Wellness Portal, now with single sign-on! The portal has an updated health questionnaire, new courses, an expanded resource list, and virtual video or telephonic health coaching sessions with a registered nurse or personal trainer, for an unlimited number of visits!

How to log in?

Visit [toyourhealth.montefiore.org](http://toyourhealth.montefiore.org) and when prompted, enter your full Montefiore email and password.

**Please Note:** Public workstations will not allow associates to log in. Please use a personal device or Montefiore computer with log in capabilities. Individual responses, and communications with the health coaches remain confidential. Monetary rewards (i.e., gift cards and reward inclusion in paycheck) are considered income subject to federal, state, and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.

## JULY IS . . .

### Fireworks Safety Month

With the 4th of July right around the corner, many are in the midst of prepping barbecues, pool parties and plans to see fireworks. While fireworks can often be an awe-inspiring spectacle of light, it's important to remember to take precautions when seeing them. To learn how to ensure your safety for your next fireworks viewing, [click here](#).

### Social Wellness Month

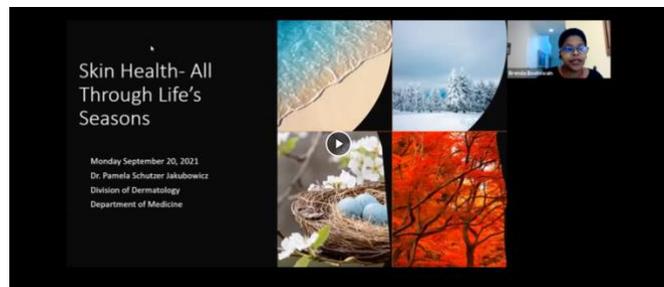
Seeing friends and family comes with many benefits, but did you know helping your health and overall well-being is one of them? Nurturing healthy social connections has been proven to reduce blood pressure, enhance the body's immune system and improve cardiovascular functioning. Click [this link](#) to learn about the importance of social wellness and the steps you can take to ensure yours. And, check out [this video](#) on training your brain to be happy!

## August is . . .

### Summer Fun Safety Month

Summer can mean a whole lot of sun. For more information on how you can protect your skin in the summer, see [this article](#) from

the American Academy of Dermatology Association. Also, if you missed the program we posted in October with Montefiore's Dermatologist, Dr. Pamela Jakubowicz, on "Skin Health All Through Life's Seasons," you can watch it [here](#).



## Healing Loss Workshop

Montefiore recognizes the passion that many of our associates bring to their work in taking care of others, but it's important to remember that to properly do that, one must ensure they are taken care of as well. The Healing Loss Workshop, hosted by the Department of Family and Social Medicine in partnership with Human Resources, is a 3-day residential workshop at a nearby retreat center that provides a safe, supportive, and nurturing space for Montefiore providers and staff to relieve stress, begin to grieve and heal losses, and better care for themselves. All Montefiore associates are welcome!

To learn more [click here](#).

## Are You a Parent and Looking for Support?

If so, Montefiore's new research study through the Psychiatry Research Institute at Einstein may be for you! Through this program, Montefiore healthcare workers and caregivers of a child under 18 are provided a 12-week parenting support program. To learn more about the program, [click here](#).

## Montefiore WW (Formally Weight Watchers) Offerings

Did you know Montefiore holds its own associate-only WW virtual workshop on Thursdays, and offers associates a 50% discount? View this [flyer](#) for more information, and join us for the WW program on July 20, 2022, by simply [clicking here](#).